

**Abstract**

A vehicle seat suspension that includes a suspension cartridge which houses suspension components that includes one or more of the following: one or more biasing elements, a suspension arm arrangement, a damper arrangement, a height adjust  
5 assembly, and a weight adjust assembly. In one preferred embodiment, the cartridge includes all of these. The suspension can include a truncated roller that provides a larger effect of radius. The suspension can also include a cam upon which a suspension roller rides that increases maximum suspension stroke while minimizing collapsed suspension height. The suspension can also include a damper that is oriented so as to provide a  
10 nearly linear response over all regions of suspension stroke or travel.